

# COMMON SENSE: CUTS & ABRASIONS

Arizona Department of Corrections  
Health Service Bureau

Inmate Wellness Program  
HEP 1051- 01/06

Most minor cuts and scrapes need nothing more than cleaning, direct pressure and a band-aid to help stop the bleeding and protect the area so the healing process can begin.

1. Cleanse the area with soap and water.
2. Keep the area clean as it heals.
3. Keep the area covered as it heals. Band-aids are available in the inmate store.
4. Don't disturb scabs or forming scar tissue.

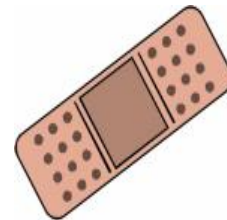
**WARNING:** Submit a Health Needs Request (HNR) if signs of infection result. This includes swelling, increased redness, rashes, drainage, pus, warmth, increased and/or a foul odor coming from the cut.

Should you have a cut, and the bleeding does not stop, notify the Shift Commander.

1.



2.



3.



4.

**LET IT HEAL**